

# Pick a **better snack**<sup>™</sup> – THE COLOR WAY

## APPLES

Wash. Eat. How easy is that?



Make this the year to try at least one new apple variety.

### Snacking Apples

Braeburn  
Cortland  
Crispin  
Empire  
Fuji

Gala  
Golden Delicious  
Granny Smith  
Jonagold  
Jonathan

McIntosh  
Pink Lady  
Red Delicious  
Stayman  
Winesap

### Cooking/Baking Apples

Cortland  
Crispin  
Fuji  
Golden Delicious  
Granny Smith

Jonagold  
Jonathan (pie, sauce, not baked apples)  
Newtown Pippin  
Pink Lady

Rome Beauty  
Stayman  
Winesap  
York

### EASY BAKED APPLES FOR ONE

1 Cooking/Baking apple  
2 teaspoons brown sugar  
2 teaspoons raisins – optional  
Cinnamon

Use a cooking/baking apple. Spray microwave safe container with vegetable spray – a custard cup is great for a single serving. Wash apple, remove core or cut into quarters or slices. Place in cup. Fill center with brown sugar, raisins and cinnamon (or sprinkle over slices). Bake apple on full power in microwave for 2-3 minutes or until apple is tender. Note: Possible substitutions for brown sugar: pancake syrup, marmalade, honey.

Include a variety of **RED** fruits and vegetables in your low-fat diet to help maintain:

- A healthy heart
- Memory function
- A lower risk of some cancers
- Urinary tract health

Include **GREEN** in your low-fat diet to maintain:

- A lower risk of some cancers
- Vision health
- Strong bones and teeth

Pick a **better snack**<sup>™</sup> was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site [www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack) or Iowa State University Extension web site [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food). For more information about 5 A Day the Color Way<sup>™</sup>, visit [www.5aday.com](http://www.5aday.com).